

## Did you know...

- Physical activity helps your brain release endorphins so you feel good and have a more positive outlook on life.
- Physical activity increases life span by an average of 2.5 years.
- 65% of adults 20 years and older are overweight or obese.
- Regular exercise reduces the risk of heart disease, diabetes and cancer.
- For every one hour of regular exercise you can gain two hours of life expectancy, even if you don't start until middle age.
- Diets rich in fruits and vegetables may reduce the risk of heart disease, diabetes, cancer and other chronic diseases.
- Most fruits and vegetables are naturally low in fat and calories and are filling.
- 77% of adults and 79% of youth do not eat the recommended nine to five servings of fruits and vegetables a day.
- Only 4% of adults engage in four healthy lifestyles: healthy weight, adequate fruit and vegetable intake, adequate physical activity, and no smoking.

For more information, please  
contact your local Michigan State  
University Extension Office:

**Bay 989-895-4026**

**Midland 989-832-6640**

**Saginaw 989-758-2500**

**Exercise brochures also are available for  
Midland and Saginaw counties.**

**This brochure is provided by:**

**Tri-County Nutrition and Physical Activity  
Task Force**

**Valorie Snyder - American Heart  
Association (248) 827-4214 Ext. 544**

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# Exercise Bay!

**A Community Guide for  
Great Places to Exercise**



**Tri-County  
Nutrition and Physical  
Activity Task Force**

## FREE SERVICES

### Schools

Handy Middle School 601 Blend	Outdoor Walking Track
Auburn Elementary School 301 E. Midland Road	Outdoor 1/4 mile Walking Path
McAlear Sawden Elementary 2300 E. Midland	Outdoor Walking Track
Lansday Elementary School 6071 LaSalle	Outdoor Walking Path
Pinconning High School 605 W. 5th Street Pinconning	Weekdays 4 pm - 8 pm

*\*If your local school is not listed here contact them to see about Indoor Walking or perhaps forming your own Parent/Teacher After School Walking Club.*

### Parks and Trails

Auburn City Park Auburn Road & Jaycee Dr. (989) 662-6761	Walking/Biking/ Roller Skating/ Jogging
Bay City River Walk (989) 892-2489	3 Miles
Bay Area Rail Trail (989) 892-2489	10 Miles
Hewitt Field 2100 19th (989) 892-2489	Baseball/Softball/ Tennis Courts/ Basketball Courts

Infinity Skate Park  
Marquette Avenue  
at DeFoe Park

Kent Wetland Preserve

Nayanquing Point State Wildlife Area

Pinconning Rail Trail

Quanicassee Wildlife Area

Veterans Memorial Park  
301 John F. Kennedy Drive

Wenonah Park  
801 N. Water

Williams Township Park  
1080 W. Midland Road  
(989) 662-6521

Carroll Park  
1000 Park

Skateboarding/  
Roller Blading  
(989) 892-5900

Softball/Baseball/  
Indoor Gym/  
Football/  
Soccer Field

River Edge Walk

Walking/Biking/  
Roller Skating/  
Jogging

Baseball, Softball,  
Tennis Courts

### Community

For other parks not listed here contact:  
Bay City Parks Department (989) 894-8314

Bay Area Convention & Visitors Bureau  
1-888-BAYTOWN

Bay City Mall  
(989) 667-0760

Opens early for  
walkers (8am-10am)

Michigan Sports Unlimited (organizes sports for  
the physically challenged) Contact Jeff Coupie at  
(989) 771-5530 or [www.misportsunlimited.com](http://www.misportsunlimited.com)

## FEE FOR SERVICES

Bay County Community Center  
800 John F. Kennedy Drive  
(989) 894-0671  
Fees Vary  
Basketball/  
Volleyball/  
Outdoor Swimming  
Tae Kwon Do

Essexville-Hampton Public  
Schools - Community  
Education  
(989) 894-9718  
Various Fitness  
Classes/Offerings  
Call for Brochure

Bay Area Family Y  
111 N. Madison  
Fees Vary  
(989) 895-8596

Bay County YWCA  
3405 E. Midland Road  
Fees Vary  
(989) 686-4800

Bay City State Recreation Area  
(989) 667-0717  
Nature Trails/Hiking/Biking/Cross Country Skiing  
Trail Use Fee

Bay City Chickadee Nature Trail  
(989) 684-3020  
Hiking  
Trail Use Fee

Bay City Andersen Nature Trail  
(989)684-3020  
Biking/Hiking/Cross Country Skiing  
Trail Use Fee

Bay County Civic Arena  
4231 Shrestha Drive  
(989)671-1000  
Fee for Public Ice  
Skating

Delta College  
1961 Delta Road  
(989) 686-9026  
Fees Vary  
Indoor Pool/Play  
Center

Pinconning Park  
3041 E. Pinconning  
(989) 879-5050  
Trail Use Fee  
Groomed Nature  
Trails/Camping

**Working Together to Promote Healthier Communities!**